

Weekly Meal Plan

This weekly meal plan is designed to help you with your dinner plans.
But you could always join me for breakfast on Saturday!

Scan for all
five recipes →



DAY	DINNER	SERVE WITH / NOTE
Sunday	Chicken Pot Pie + Pecan Pie	Macaroni and cheese and rolls
Monday	Maple Dijon Salmon Bowls	Served over jasmine rice
Tuesday	Lemon Garlic Chicken Pasta	Garlic bread + bagged salad
Wednesday	Leftovers	
Thursday	One Pan Taco Casserole	A whole meal in one skillet
Friday	Homemade Pizza Night	Everybody builds their own
Saturday		

Meal-by-Meal Shopping Reference

Complete shopping list is on the back →

► Sunday —

Chicken Pot Pie + Pecan Pie

- ☐ Chicken breasts, 2 cups cooked
- ☐ Refrigerated pie crust (1 box)
- ☐ Mixed vegetables, 1 lb frozen
- ☐ Cream of potato soup (1 can)
- ☐ Cream of chicken soup (1 can)
- ☐ Cream of celery soup (1 can)
- ☐ Garlic powder
- ☐ Macaroni and cheese (1 box)
- ☐ Dinner rolls (1 pkg)
- ☐ 9-inch pie crust
- ☐ Pecan pieces, 1½ cups
- ☐ White Karo syrup, ¾ cup
- ☐ Vanilla, 2 tsp

► Monday —

Maple Dijon Salmon Bowls

- ☐ Salmon fillets (6)
- ☐ Dijon mustard, 2 tbsp
- ☐ Maple syrup, 3 tbsp
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ Sweet potatoes (3)
- ☐ Yellow onion (½)
- ☐ Broccoli, 2 cups
- ☐ Carrots (2)
- ☐ Roasted pepitas, ¼ cup
- ☐ Greek yogurt, ½ cup
- ☐ Lemon juice, 1 tbsp
- ☐ Jasmine rice
- ☐ Avocado (optional)
- ☐ Cucumber (optional)
- ☐ Tomato (optional)
- ☐ Fresh parsley (optional)

► Thursday —

One Pan Taco Casserole

- ☐ Ground beef, 1 lb
- ☐ Yellow onion (1)
- ☐ Corn (1 can, 15 oz)
- ☐ Black beans (1 can, 15 oz)
- ☐ Taco seasoning (1 packet)
- ☐ Salsa (14 oz jar)
- ☐ Minute rice, 1 cup
- ☐ Chicken broth, 1½ cups
- ☐ Shredded cheddar, 2 cups

► Friday —

Homemade Pizza Night

- ☐ Active dry yeast, 1 tbsp
- ☐ Garlic powder
- ☐ Tomato sauce
- ☐ Italian seasoning
- ☐ Shredded mozzarella
- ☐ Pepperoni (1 pkg)

Like this week?
There are four more.



Scan for what's inside →

► Tuesday —

Lemon Garlic Chicken Pasta

- ☐ Chicken breasts, 1 lb
- ☐ Whole grain spaghetti, 1 lb
- ☐ Lemon juice, 4–5 tbsp
- ☐ Shredded Parmesan, 2 oz
- ☐ Fresh parsley, 2 tbsp
- ☐ Bagged salad kit
- ☐ Garlic bread (1 loaf)

Stephanie's Baker's Dozen

These 13 staples aren't in the shopping list — keep them stocked and you're always ready to cook.

Flour, Sugar, Brown Sugar
Quick Oats, Olive Oil, Butter, Garlic
Salt, Pepper, Baking Powder, Milk
Eggs, Avocado/Veg Oil

Complete Shopping List

► Meat & Proteins

- ☐ Chicken breasts, 3–4
- ☐ Salmon fillets (6)
- ☐ Ground beef, 1 lb
- ☐ Pepperoni (1 pkg)

► Produce & Fresh

- ☐ Sweet potatoes (3)
- ☐ Yellow onions (2)
- ☐ Broccoli, 2 cups
- ☐ Carrots (2)
- ☐ Fresh parsley
- ☐ Bagged salad kit
- ☐ Avocado (optional)
- ☐ Cucumber (optional)
- ☐ Tomato (optional)

► Dairy & Refrigerated

- ☐ Refrigerated pie crust (1 box)
- ☐ Greek yogurt, ½ cup
- ☐ Shredded Parmesan, 2 oz
- ☐ Shredded cheddar, 2 cups
- ☐ Shredded mozzarella

► Bread & Grains

- ☐ Dinner rolls (1 pkg)
- ☐ Garlic bread (1 loaf)

► Frozen

- ☐ Mixed vegetables, 1 lb

► Pantry Staples

- ☐ Cream of potato soup (1 can)
- ☐ Cream of chicken soup (1 can)
- ☐ Cream of celery soup (1 can)
- ☐ Garlic powder
- ☐ Macaroni and cheese (1 box)
- ☐ 9-inch pie crust
- ☐ Pecan pieces, 1½ cups
- ☐ White Karo syrup, ¾ cup
- ☐ Vanilla, 2 tsp
- ☐ Dijon mustard
- ☐ Maple syrup
- ☐ Onion powder
- ☐ Smoked paprika
- ☐ Roasted pepitas
- ☐ Lemon juice
- ☐ Jasmine rice
- ☐ Whole grain spaghetti, 1 lb
- ☐ Corn (1 can, 15 oz)
- ☐ Black beans (1 can, 15 oz)
- ☐ Taco seasoning (1 packet)
- ☐ Salsa (14 oz jar)
- ☐ Minute rice, 1 cup
- ☐ Chicken broth, 1½ cups
- ☐ Active dry yeast
- ☐ Tomato sauce
- ☐ Italian seasoning

Other items:

Do you need to restock any of the items in Stephanie's Baker's Dozen?

These staples aren't in the list above — check your pantry and add what you need:

- | | | | | | | |
|--------------------------------|---------------------------------|--|-------------------------------------|------------------------------------|--|---------------------------------|
| ☐ Flour | ☐ Sugar | ☐ Brown Sugar | ☐ Quick Oats | ☐ Olive Oil | ☐ Butter | ☐ Garlic |
| ☐ Salt | ☐ Pepper | ☐ Baking Powder | ☐ Milk | ☐ Eggs | ☐ Avocado/Veg Oil | |